

LOSS OF VISION ASSOCIATED WITH AGING

Join us at the senior center on Thursday, March 5th at 10:00 a.m. for an informative program on the issue of vision loss during the aging process. Our guest speaker will be Andrea Schein from the Massachusetts Commission for the Blind. Andrea's presentation will cover the following topics: normal changes in vision associated with aging; four major causes of vision loss for seniors including macular degeneration, glaucoma, cataracts and diabetic eye disease; what you can do to preserve your vision; legal blindness and services of the Massachusetts Commission for the Blind; Mass. Agencies that provide services to people who have vision loss but are not legally blind; interesting low vision aids, and; how to assist people with vision loss in your community. If you are interested in attending this program, please call the senior center at 508-543-1252 to sign up. Van transportation is available for Foxboro residents by calling the senior center at least 24 hours in advance

Monday, February 16

Presidents Day Holiday
Senior Center Closed

Tuesday, February 17

Stretch & Balance 8:30 a.m.
Zumba Gold 9:45 a.m.
Nutrition 11:00 a.m.
Talespinners 2:00 p.m.

Wednesday, February 18

Strength Training 8:30 a.m.
Chorus 10:00 a.m.
Zumba Gold 11:30 a.m.
Computer Class with Charter School Students 11:30 a.m.
TRIAD 1:00 p.m.
Kohl's 1:00 p.m.

Thursday, February 19

Men's Breakfast 9:00 a.m.
SHINE by appointment 10:00 a.m.
Intermediate Italian Class 1:30 p.m.

Friday, February 20

Stop & Shop 8:30 a.m.
Aerobic Exercises 9:30 a.m.
Card Making Class 11:00 a.m.
Cribbage 11:00 a.m.
Advanced Italian Class 1:15 p.m.

Saturday, February 21

Friends of Foxborough Seniors Meeting 9:30 a.m.
Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

PODIATRIST

Due to the February 2nd snowstorm, Podiatrist Dr. Jeffrey Willinsky's visit to the senior center had been re-scheduled to Monday, February 23, beginning at 12:00 noon. Clients are seen on a first come first serve basis. The cost to see Dr. Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1252 to set up an appointment.

CHOLESTEROL CLINIC

We will be holding a Cholesterol/Health Promotion Clinic on Thursday, March 5th from 9:00 a.m. to 11:00 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes and blood pressure. Please call the senior center at 508-543-1252 to make an appointment.

TAX ASSISTANCE

AARP INCOME TAX ASSISTANCE

Free income tax assistance will be available for seniors through the Tax Aide Program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared, and become familiar with the benefits that may be available to you. The AARP representatives will be available at the senior center on Tuesdays and Wednesdays beginning on February 3rd. Call the senior center at 508-543-1252 to schedule your appointment. Prior to your appointment, please come to the senior center to pick up the "Tax Preparation Packet." This paperwork must be completed and brought with you to your appointment.

SENIOR TAX PROGRAM

The Senior Tax Program is a program that allows the Town of Foxborough the opportunity to utilize the knowledge and skills of its senior residents in exchange for credit toward the residents' property tax bill. The program enhances municipal services while alleviating senior residents' tax burden. A qualified resident will be paid the current state minimum wage per hour toward a maximum credit of \$1000 per household during a fiscal year. To find out more about this program, please call the senior center at 508-543-1252.

TRIP INFORMATION

ST. PATRICK'S DAY PARTY

It's that time of year when everyone can claim to be Irish for a day! Come join us as we travel to the Kirkbrae Country Club in Lincoln, RI on Thursday, March 12th for a St. Patrick's Day Celebration. We will be leaving from the St. Mary's church parking lot at 11:00 a.m. and travel by motorcoach to the Kirkbrae Country Club where we'll be served a luncheon choice of either Baked Haddock or the traditional Corned Beef and Cabbage. Following lunch, our entertainment will be provided by "John Connors Irish Express" and the Irish Step Dancers. The cost for this fun and festive day is \$71 per person and the price includes transportation, lunch, entertainment and gratuity for the coach driver. The sign up for this celebration has begun, so please call the senior center at 508-543-1252 if you'd like to attend. Payment is due by Friday, February 20th.

TRIP TO THE NEWPORT PLAYHOUSE

Save the date of Thursday, April 2nd and come join us for lunch and a show at the Newport Playhouse in Newport, RI. Our trip includes round-trip motorcoach transportation leaving from the parking lot at St. Mary's Church at 10:00 a.m. and we will be returning home around 6:00 p.m. We'll begin our day at the theater with a hearty buffet including a variety of hot and cold foods, main entrees, side dishes, beverages and desserts. Then we move into the intimate theater for the performance of the comedy "When the Cat's Away." After the show, we go back into the dining room for a special Cabaret show where the performers will continue to entertain us with laughter and song. The total cost for the transportation and gratuity, the luncheon, the show, and lots of laughs is \$81.00. If you're interested in joining us, please call the senior center at 508-543-1252 to sign up. Payment is due by Friday, March 13th.

TRIP TO NEW YORK CITY

Come join us as we travel to New York City on May 17th - 18th where we'll be visiting the 9/11 Memorial and Museum. We'll be leaving Foxborough at 7:00 a.m. on Sunday, May 17th from St. Mary's parking lot and return home on Monday, May 18th in the early evening. On Sunday afternoon we'll be having lunch at the famous Chelsea Market of the Food Club Network and then spend the afternoon at the 9/11 Memorial. That evening, dinner will be served at the Chart House Restaurant on the Hudson River where we'll enjoy a view of the skyline of Midtown New York. Our overnight lodging will be at the Hampton Inn & Suites Riverwalk in Newark, NJ. On Monday, we'll continue to nearby Liberty Park to board the ferry for the Ellis Island National

Monument and the Statue of Liberty. The ferry continues on to Battery Park and in the afternoon we'll be visiting the historic South Street Seaport and enjoy a guided sightseeing tour of Lower and midtown Manhattan, including many famous sights. The cost for this trip, including all gratuities, is \$371 per person for a double, \$351 per person/triple and \$451 per person/single. The sign up for this trip has begun and payment is due by Friday, April 3.

SPECIAL PROGRAMS

MEN'S BREAKFAST

The next Men's Breakfast will be held on Thursday, February 19th at 9:00 a.m. Our guest speaker this month will be Jeff Peterson, Publisher of The Foxboro Reporter. This is your chance to ask Jeff any questions you may have on our local weekly newspaper and the newspaper industry in general. The cost for the Men's Breakfast is \$3 and, if you would like to attend, please call the senior center at 508-543-1252 by Tuesday, February 17th to sign up. As always, everyone is welcome to join us for the speaking portion of the program at no cost after the lunch has been served.

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Wednesday, February 25th from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.

A FAREWELL LUNCHEON FOR KEN

Our Outreach Worker/Transportation "Guru" Ken Levy will be retiring at the end of February. On Thursday, February 26th from 11:30 to 1:00 p.m. we'll be having an open house/luncheon at the senior center in Ken's honor. The HESSCO mealsite will be at the senior center on this date and the luncheon menu will include chicken with gravy, potatoes, broccoli and a snowflake roll. We'll also be having a celebratory cake for dessert. Registration is required if you're coming for lunch, so please call us at 508-543-1252 to sign up in advance. The suggested donation for the meal is \$3.00. Come join us as we wish Ken well and send him off into retirement with our many thanks and good wishes! If you're considering a retirement gift for Ken, a donation to the Foxborough Discretionary Fund or a food donation to the Foxborough Food Pantry in Ken's honor would be greatly appreciated.

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support service. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors and help improve the quality of life of all citizens, especially seniors. TRIAD is a senior citizen run and directed group, and currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, February 18th at 1:00 p.m. Everyone is welcome to attend these informational services.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch "Your Scene Your Center" on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On February 18th and 19th the featured program will be "Jack Craig Presents – Sing the Greatest Songs of 1950-1952." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

REGULARLY SCHEDULED

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to the Horse and Carriage Restaurant on Wednesday, February 25th at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1252 to sign up by Monday, February 23rd. Van transportation is available.

HEART HEALTHY MONTH

February is Heart Healthy Month. Thanks to the support of the Friends of Foxborough Seniors, all of the exercise classes held at the senior center in the month of February will be offered free of charge to participants. Our weekly exercise schedule is as follows: Chair Yoga at 9:30 a.m. and Tai Chi at 10:30 a.m. on Mondays; Stretch and Balance at 8:30 a.m. and Zumba Gold at 9:45 a.m. on Tuesdays; Strength Training at 8:30 a.m. and Zumba Gold at 11:30 a.m. on Wednesdays, and; Aerobic Exercises at 9:30 a.m. on Fridays. This is your chance to try out some of the exercise programs you may have been hearing about. So come join us as we get our hearts pumping and get our bodies into shape.

ZUMBA CLASSES

Zumba classes are meeting weekly in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and on Wednesday mornings at 11:30 a.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come and learn some Latin dance moves with our instructor Bilyana "BB" Dimitrova, and have some fun while getting in shape. Classes are offered for free in the month of February.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on February 23rd. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, February 24th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

CLASSIC MOVIE DAY

The classic movie for the month of February is scheduled for Tuesday, February 24th at 12:30 p.m. and our featured film will be "The Night of the Hunter." This story involves the character of Harry Powell (Robert Mitchum) who, while in a prison cell, discovers the secret of a condemned man (Peter Graves) who has hidden \$10,000 somewhere around his house. After being released from prison, Powell seeks out the man's widow, Willa Harper (Shelley Winters), and his two children. The children know where the money is, but don't trust the "preacher." But their mother buys his con game and marries him, and soon she ends up dead. The children are finally taken in by a Bible-fearing old lady (Lillian Gish) who would seem to be helpless to defend them against the single-minded murderer, but is as unyielding as her faith. This is the only film ever to be directed by actor Charles Laughton and is considered by many to be a masterwork. So come join us at the senior center to watch the movie and we'll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1252 if you'd like to sign up.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

February 18 – Kohl's

February 25 – Horse and Carriage Restaurant

MEDICAL INFORMATION AND SERVICES

GRIEF EDUCATION SERIES FOR ADULTS EXPERIENCING LOSS

Community VNA Hospice and Palliative Care will offer a six week bereavement series beginning March 4 through April 8, 2015. This program is for any adult experiencing loss. Meetings are held Wednesdays from 6:30 to 8:00 p.m. at Community VNA, 10 Emory Street in Attleboro. It is free and open to the public; however, pre-registration is required. Please call 1-800-220-0110 or 505-222-0118. Community VNA Hospice and Palliative Care offers grief support to any person in the community who has had a loss through death, not just for those whose loved one was cared for by the agency. Grief professionals offer suggestions and support for adults and children. They are also a resource on how to help others who are grieving. To learn more about Community VNA, please go to www.communityvna.org.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, March 10th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of each month. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for February 19th and March 3rd. In addition to the SHINE program, Social Worker Pam McGuire and Outreach Worker Ken Levy are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Ken, call the senior center at 508-543-1252 to set up and appointment.

WINTER WEATHER PREPAREDNESS

SAND FOR SENIORS

“Sand for Seniors” is a community development project by the Foxboro Jaycees to help senior citizens needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, they can deliver a bucketful right to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at mohsenkh53@hotmail.com.

SENIOR CENTER INCLEMENT WEATHER POLICY

Winter is on its way and bringing along colder temperatures, ice and snow. Please note that if the Foxborough schools are cancelled for the day due to inclement weather, the activities at the senior center are also cancelled and the VanGo will be off the road. The offices at the Council on Aging and Human Services in the senior center will remain open, however, and available to assist you and answer your questions. Please call 508-543-1252 with any inquiries.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, February 16

Presidents Day Holiday
No Meals Served

Tuesday, February 17

Sloppy Joe Sandwich
Hash Brown Potatoes
Carrot Coins
Dinner Roll
Pears
Calories 327
Sodium 502

Wednesday, February 18

Macaroni & Cheese
Escalloped Tomato
Multigrain Bread
Brownie
Calories 443
Sodium 542

Thursday, February 19

Kale & Bean Soup
Honey Mustard
Roast Chicken
Whipped Potato
Whole Wheat Bread
Fresh Orange
Calories 465
Sodium 569

Friday, February 20

Tuna Noodle Casserole
Peas
Oatmeal Bread
Pineapple Chunks
Calories 349
Sodium 433